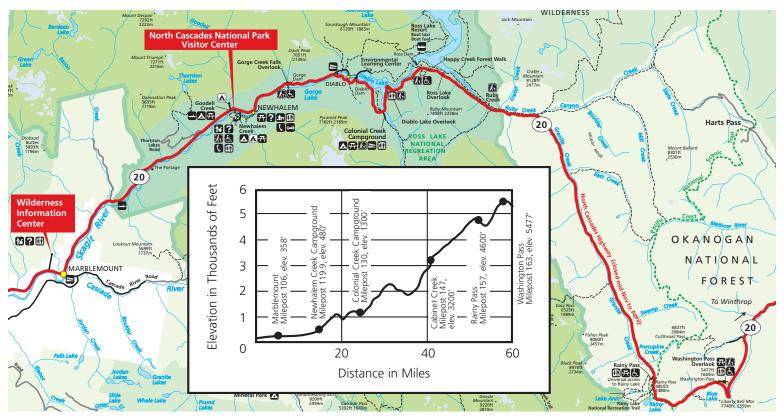
Service Complex

Cycling the North Cascades Highway

	Welcome to the North Cascades Highway! Although a scenic and adventurous cycling trip special road conditions require special attention. This information sheet will provide basic tips for a enjoyable and safe pedal through this beautiful route.		
Safety Gear	The foremost piece of safety gear is a helmet. All bikes should be equipped with front and rear reflectors as well as flashing tail lights for daytime travel. For early morning, dusk, or evening travel, a headlight is a must. Clothing should be reflective	and/or brightly colored to increase your visibility to motorists. A fully-equipped first-aid kit with personal identification is strongly recommended.	
Bike Gear	Be prepared for cold and hot weather conditions at any time of the year. Rain gear and warm layers, including water-resistant gloves and socks, will keep your body temperature stable in case of damp conditions. Long sleeved shirts,	sunscreen, and sunglasses will help protected from intense mountain sun. Remember to carry extra bike tubes, a patch kit, and a tire pump for on-road repairs.	
Water	Water is the basis of all life and also the foundation of a pleasant pedaling trip. Make sure to keep hydrated and know how long it will be between	fill-up areas (see map). Be gentle with areas around roadside streams if filtering water.	
Food	Adequate nutrition is a must. There is only one food stop between Marblemount and Mazama. Please take more food than you may think you need. Concentrated sources of nourishment	such as energy bars and drinks are easy and compact ways to keep strength sustained for the whole trip.	
Rocks	Amazing geologic scenery can pose beautiful as well as threatening. Make sure to watch out for rolling rocks along the way, especially along		
Traffic	Because bicyclists will be sharing the road with motorized park visitors, special considerations must be made for road travel. Use caution with blind corners and hills. Although the shoulder line separates the bicyclist's path from that of the		
Tunnels	Between the towns of Newhalem and Diablo there are two tunnels. The longer of the two, closer to Newhalem, is fitted with a "BIKES INTUNNEL" flashing safety light that can be turned on at either end. Before entering the tunnel, turn on all head	and tail lights. There may be rocks inside the tunnel which have dislodged from the tunnel walls. Be prepared for safe maneuvering. Reduced road space can force cars and bikes together.	
Other Bicyclists	You will also be sharing the road with other cyclists. Know the correct hand signals and areas of possible bike traffic. Think ahead and	know what to do if you do meet other cyclists. Be comfortable with explaining to others what it takes to make it a safe trip.	



Ottel	Lake Whale Lake Found Lakes S392ft 1643m Cascade Pass 5392ft 1643m	Mountain 9220f 2810n	Lake Ann Rainy Lake Rainy National Recreation Trail
Mileage Guide		Mile Post 127.5	Junction to Seattle City Light village of Diablo, camping at Gorge Lake: Highway 20 crosses over Gorge Lake. Emergency telephone at Stetattle Creek Bridge, I mile towards Diablo.
Mile Post 105.3	North Cascades National Park Wilderness Office (1 mi down Ranger Station Road): INFORMATION	Mile Post 130	(elev. 1300') Colonial Creek Campground, Thunder Creek Trail: WATER, TOILETS, CAMPING
Mile Post 106	(elev. 358') Town of Marblemount: FOOD, PHONE, BIKE SUPPLIES (limited). Caution: much car traffic.	Mile Post 132	Diablo Lake Overlook: TOILETS, VIEWS, NO WILDLIFE FEEDING. Caution: fast moving traffic.
Mile Post 119.5	Goodell Creek Campground: CAMPING, WATER, TOILETS	Mile Post 134	Ross Dam Trailhead: TOILET
Mile Post 116-110	Caution: Small shoulder for westbound cyclists.	Mile Post 134.4	Happy Creek Forest Walk (0.3 mi trail): TOILETS, SIGHTS
Mile Post 119.9	North Cascades National Park Visitor Center, Newhalem Creek Campground (0.5 mi from entrance): INFORMATION, PHONE, TOILETS, WATER, CAMPING	Mile Post 157 Mile Post	(elev. 4660') Rainy Pass Rest Area: TOILETS. Facilities may be closed due to snow. (elev. 5477') Washington Pass Overlook (I mi
Mile Post 120	(elev. 515') Town of Newhalem: GENERAL S TORE, TOILETS, PHONE, INFORMATION CENTER	162.4	to overlook): TOILETS, INFORMATION, WATER, VIEWS. Facilities may be closed due to snow.
Mile Post 122.4	Tunnel #1: Caution: Be prepared to stop at "Bikes in Tunnel" safety light switch, and be aware of car traffic in tunnel. Remove sunglasses.	Mile Post 169	Lone Fir Campground: CAMPING, TOILETS, WATER.
		Mile Post 177.7	Early Winter Campground: CAMPING, TOILETS
Mile Post 123.4	Gorge Creek Falls, Gorge Overlook Trail: Caution: Gorge Creek Falls Bridge can be slippery when wet. Grated bridge.	Mile Post 179.6	Town of Mazama: FOOD, WATER, TOILETS, PHONE
Mile Post 124	Tunnel #2: Caution: Be aware of car traffic in tunnel.	Mile Post 192.9	Town of Winthrop: INFORMATION, FOOD, WATER, TOILETS, BIKE SUPPLIES, PHONE